We recently attended AfriThrive’s Cultural Farm as the 3rd visit in our series focusing on culturally considerate crops being grown locally. This was the highest attendance yet and we had so much fun. Tanya Spandhla prepared a delicious lunch for attendees including baked kabocha squash, dried cranberry beans cooked from scratch, and 3 varieties of cooked pumpkin leaves. Check out the Upcoming Events section for details about our next visits!

Intern Highlight

Hi there! My name is Liza Cichy and I am currently a Food Resources Intern for the summer here at Manna. I am an incoming third year Geography and Earth Science student at the University of St Andrews, with a great passion for environmentalism and food security. I have spent time working at Norman’s Farm Market, which has been a driver of my interest in our local food system. By working at a local produce stand, I see the immense benefits of understanding the local food system, especially recognizing where food comes from and where it will end up, and the importance of reducing food waste. By spending time harvesting at the farm, I was able to gain an insight of the benefits of local agriculture and all of the hard work that goes into producing these crops.

In the past month at Manna, I have learned so much about CFR and F2FB and how important the work done with local farms is to our community. In the farm visit to AfriThrive, I had the privilege of learning about culturally considerate crops that are being harvested in our community and to try dishes made with these cultivated foods. These opportunities are extremely important and enriching and I am so lucky to be able to participate in them.

Over the next few weeks, I know I will learn even more about the projects Manna is involved with, and I am very eager and feel so grateful to have this experience!

Want to be featured in our newsletter? Email annarose@mannafood.org

Manna operates Farm to Food Bank in partnership with the Office of Food Systems Resilience, the Office of Agriculture, the Montgomery County Food Council, and the Department of Health and Human Services.